

What is discipline?

What is punishment?

What is **discipline**?

Discipline covers all methods used to train and teach children self-control and socially acceptable behaviour. Discipline does not inflict physical or psychological harm to a child, and is a necessary part of the parent/child relationship.

Some characteristics of discipline are:

- Education and guidance
- Mutual respect and trust
- The belief that the child will be willing to change because of respect and a greater understanding
- The goal of development of internal controls that help the child relate to others in a positive and responsible way

What is **punishment**?

Punishment involves a sanction or penalty as a consequence of a child's unacceptable behaviour and is used to extinguish behaviour. Punishment combines control, force and physical pain to get children to behave in acceptable ways. It is characterized by external control and can involve force or coercion. Punishment does not necessarily require mutual respect or trust between the parent/child.

Some examples of **physical punishment** are:

- Punching, kicking, shaking, harsh spanking, or slaps
- Throwing objects that can injure a child
- Threatening a child with physical harm
- Placing a child in a locked or confined space
- Depriving a child of basic needs



There is a significant risk of injury to the child when a parent uses physical punishment. Punishment can cause physical harm, permanent physical disabilities, and occasionally death. There is also a risk of emotional problems developing in the future. Many children who have been punished as a child grow up to become abusive to their children and families as an adult.

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Expectations should be consistent with the age and stage of the child's development. Good disciplinary practices include:

Positive reinforcement

Praise

Modeling

Structure and routine

Setting and maintaining limits

Realistic expectations

Follow through

Verbal and non-verbal cues

Time outs

Logical consequences

Problem-solving

What will the Children's Aid Society do if I call them about a child that is being physically harmed by their caretakers?

- The Windsor-Essex Children's Aid Society will investigate cases where there is credible evidence that a child has been physically harmed or is at risk of physical harm
- The Windsor-Essex Children's Aid Society will investigate and take appropriate steps to protect the child
- The Windsor-Essex Children's Aid Society will offer counselling on different and appropriate methods of child management

If the child is not safe in the family homes, then the Windsor-Essex Children's Aid Society must make a plan to protect the child. Whenever possible, Society works with the child in the context of their own family home.

WHAT IS DISCIPLINE?

Parents discipline their children to teach them how to behave, be safe, and get along with other people.

WHAT IS PUNISHMENT?

Parents punish their children with physical force to control their child's behaviour.